

spark!

Strength · Purpose · Adventure · Resilience · Knowledge

**Life sure has its highs and lows.
How can you navigate these challenges
and still stay true to you?**

SPARK! is an 8-week interactive group program where we use arts and crafts to explore topics like personal values and strengths, building resilience and self-esteem, self-talk, mindfulness and setting goals.

This is a closed group, meaning it will be the same group of people for the full 8 weeks.



Scan here to open our online
Group Sign-Up form

Who

12 – 17 years old

When

8-week program, Thursdays 4.30–6pm
12th Oct to 30th Nov 2023

Where

headspace Joondalup
Suite 8/126 Grand Boulevard Joondalup.
Entrance located on Reid Promenade.

Contact us

Jes Vanugopal
Call (08) 9301 8900 or
E-mail info@headspacejoondalup.com.au

Follow us on social media for updates!

 /headspaceJoondalup
 @headspace_Joondalup



headspace Joondalup is on Whadjuk Noongar land.
We acknowledge the Traditional Owners of this Country,
and we pay our respects to their Elders past, present and emerging.

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